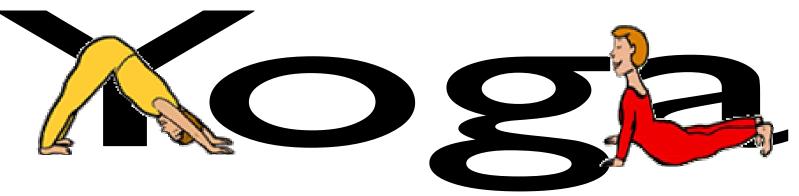
Newton Parks and Recreation Department is proud to be offering:



Mondays 5:30 p.m. - 6:45 p.m. February 7,14,21,28, 2005



The class will include a non-aerobic, slow stretching form of yoga based on the principles of physiological alignment.



Anyone with previous yoga



Classes will be held at the **Newton Recreation Department**

SPACES LIMITED SIGN UP NOW

For more information, contact the Newton Recreation Department at 695-4317, or check the website at http://www.newtonnc.gov/.